

# BLUE ZONES LIFE

## WEEK 2

### 7 Rules

1. True Vitality Test
2. True Happiness Test
3. Purpose Checkup and Purpose Statement
4. Four Always, Four to Avoid
5. Join or Create a Walking Group or Find a Walking Buddy
6. Track Your Progress
7. Do 1 New Blue Zones Activity Per Day

### Week 2 Activities

#### TOP 4 MUST DO TASKS THIS WEEK

- Put your running shoes or bike out where you can see them.
- Spend 15 minutes outside a day (30 minutes is better!)
- Eat at least 5 Blue Zones meals recipes this week.
- Walk with your group or buddy at least once.
- Take public transportation to work at least once and learn the route.
- Host a potluck and try out some Blue Zones recipes.
- Hide your TV remote. Getting up to change the channel will break up your couch-surfing time.
- Suggest a walking meeting at work.
- Put some cushions on the floor and sit there instead of the couch.
- Limit your workweek to 40 hours.
- Get some sun, about 15 minutes per day.
- Discover an herbal tea you love.
- Eat a light, early dinner.
- Snack on nuts.
- Tape a reminder note to your dashboard to park as far away as you can from the door.
- Install a browser extension or app to remind you to stand or stretch every hour.

### 3 Big Wins This Week:

### Lessons Learned:

### Gratitude List:

### Notes:

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

“Walking is proven to stave off cognitive decline — it works.” -Dan Buettner